

Coach Peggy is the All Things Wellness Coach

Who is Coach Peggy?

"People ask me how long I've been a coach? My first reply is "I got my first coaching certification the day the Berlin Wall came down." Don't remember that? Because it was a long time ago....in 1989 to be exact. But the truth is...I have been a Coach My Whole Life!" - Coach Peggy

Even as a kid, Coach Peggy took first-born, type-A personality, perfectionist, and over-performer to another level when it came to scholastics and athletics. From a young age she was a leader, a goal-getter, and cheerleader.

"Motivation won't arrive in the mail. You need to take daily actions steps which cultivate motivation." – Coach Peggy

Over the past 30 years, Coach Peggy has worked with a variety of clients from the morbidly obese, under-eaters, and diabetics, to soldiers, corporations, couples and busy moms trying to juggle it all. Her expertise and drive to continue developing and mastering strategies led her from the gym to corporate wellness and academia, to coaching coaches and medical professionals, hosting couples retreats and coaching clients and families virtually.

Today, Coach Peggy is sharing her lifetime's worth of knowledge via the *All Things Wellness* virtual courses and on *The Coach Peggy Radio Show*. Through self-discovery tools and goal design strategies, the *All Things Wellness* method helps people master habits while finding balance in their Heart, Spirit, Mind, and Body.



***Coach Peggy is your All-In Coach.
Coach Peggy is your All Things Wellness Coach.***

How is Coach Peggy different?

There is nothing cookie cutter about Coach Peggy's approach. It is about YOU and YOUR REAL WORLD. If you are looking for a coach to tell you what to eat and when to eat it, or tell you how many sets and reps to do on your exercise plan, she is not your coach. If you are ready to learn why you've been unsuccessful reaching goals and what to do about it, and you are ready for the truth, then you are ready for Coach Peggy.

Coach Peggy believes that before creating a healthy lifestyle with habits that stick, you've got to understand some key fundamentals about yourself. **You are not broken** because you have trouble reaching your goals or keeping promises to yourself. Coach will take you on a deep dive of self-discovery to uncover your habit history, self-care beliefs, natural tendencies and more.

Along the way, you will inevitably experience some “aha” moments, the moment of sudden insight.

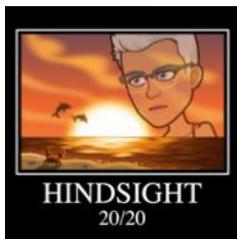
Coach Peggy teaches to aim for a Wellness Grade of B/C. This concept teaches clients to balance all areas of their wellness wheel versus getting an “A” in one area and an “F” in another. Coach Peggy cuts through the B.S. because after 30 years in the coaching industry, she can spot an excuse a mile away. She knows people better than they know themselves.



Coach Peggy says, “Give me a B!”

Coach Peggy’s tools for self-discovery

Operating from the belief that *past behavior and habits are the best predictor of your future behaviors and habits*, Coach Peggy developed tools such as *All Things Wellness Habit History* to lead you on a deep dive into the past to better understand how your past is affecting your goals and the *All Things Wellness Wheel* today.



Coach Peggy helps you overcome the biggest excuse of all - “*I don’t have time*”. With her *168 Wellness Week Hours* tool you will begin to understand where the time goes so that you can adjust. “*Did you know the average person spends nearly 2.5 hours a day on social media? And you’re telling me you don’t have time to chop a vegetable?!*” - Coach Peggy

She knows that lifelong success and well-being are dependent on you knowing YOU and YOU doing the work. Success is dependent on creating a goal that is meaningful to you and one that works with the time available to you. Coach Peggy’s *SAMS-10 Goal Design model* helps you determine whether your goal is clear and attainable. Her approach is to help you learn what works for you and your family in order to design a wellness lifestyle that is as unique as you are.



Spark + Action + Motivation = Success (SAMS-10)

A cornerstone tool of Coach Peggy’s is the trademarked, 24-spoke *All Things Wellness Wheel*, which offers a visual representation of areas of your life and just how healthy they are. More about the *All Things Wellness Wheel* below.

Self-discovery work holds the secret sauce to becoming happier and healthier. Through this, you will rid, rewire, and reinvent habits and behaviors allowing you more success than you have ever had.

Coach Peggy The All Things Wellness (ATW) Coach. What does that mean?

She has the experience. She has the education. She's done the time.

After years of coaching, it became clear to Coach Peggy that many people believe they are broken. Maybe they don't keep promises to themselves or others, or they can't seem to do the things they know they need to do in order to live a healthier more balanced life. Maybe they are over-extended, cannot budget or have lost faith or hope. People often feel broken. Coach realized she needed to teach people that they are not broken; they are individuals, so what works for one person may not work for the next.

Real world = Real results. Coaching for your Real World.
Let's design a lifestyle that works for you.
Coach Peggy

Enter the birth of the *All Things Wellness (ATW) Wheel*. A tool that encompasses the *entire* sphere of life; the Heart, Spirit, Mind, and Body. Coach Peggy knows that a sole focus on one area is not the path to genuine change and well-being; all areas of life need to be embraced. So rather than focusing solely on health, nutrition, or life coaching, the *All Things Wellness Coach* has devoted her life to ensuring all health, wellness, and life spokes work harmoniously.

Coach Peggy aims to provide tools and lessons that prepare people for the daily ride on the Roller Coaster of Life (RCL). Ups, downs and loop de loop. The expected and unexpected. It is a balance – not a simple one – but a balance of *All Things Wellness*.

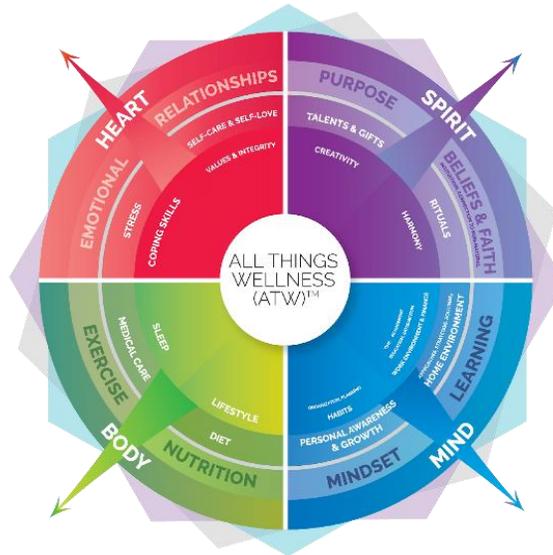
“When it is obvious that goals cannot be reached, don't adjust the goals, adjust the action steps.” - Athena

What is the All Things Wellness (ATW) Wheel?

Coach Peggy's 24-spoke *All Things Wellness Wheel* derived from coaching thousands of clients over three decades of which the majority believed that their wellness was solely dependent on improving one specific area of their life. Typically, those areas were exercise, nutrition, sleep, or stress. But Coach Peggy realized no one area of our life is exempt from affecting another. An intense focus on nutrition, may cause neglect in other areas such as increased stress or challenging relationships. Life is a balance of multiple areas at once.

The trademarked *All Things Wellness Wheel* is a visual representation of a 24-spoke, or category, wheel of wellness. Detailed spokes such as relationships, purpose, nutrition, sleep, and mindset fall under four broader categories:

- 1) Heart - The strength of relationships and the intelligence of emotions
- 2) Spirit - Beliefs and the governance they have to drive your purpose
- 3) Mind - The mastery of mind and the emergence of wellness thinking
- 4) Body - The beautiful dance of optimal nutrition and a powerful body



Clients rank their well-being for each of the 24-spokes by placing a “nail” where they deem it to be in that particular category. Connect the dots, and the client has a visual representation of their personal wellness wheel. Problem areas, or *punctures* as Coach Peggy refers to them, are then easily identifiable. Do they have a slow leak in creativity or self-care and their wheel is about to blow? Perhaps they are getting an “A” in a few other spokes, such as organization or values and integrity.

The aim is to have a wellness wheel that rolls smoothly. The outcomes from the *ATW Wheel* activity, offer teachable moments utilizing Coach Peggy’s unique tools to fix the *punctures* thus avoiding a *flat*. Breakdowns become Breakthroughs. The *ATW Wheel* shows you The What – The Where – and Coach Peggy shows you The How. How you fix your flat and get rolling again.

Coach Peggy says, “Even if your wellness wheel is broken, you are not!”

Coach Peggy is on a Mission

Sharing the insightful tools and creative strategies she has developed over three decades, Coach Peggy assists others in uncovering who they are and how to design goals and behaviors that work for their REAL World. Coach Peggy unveils Aha moments launching you to positive change and a balanced wheel of life – the *All Things Wellness Wheel*.



“When a set of eyes open so wide with self-discovery,
I get to see the whites...big eyes.
I live for the light-bulb moments.
The energy of an Aha.”

